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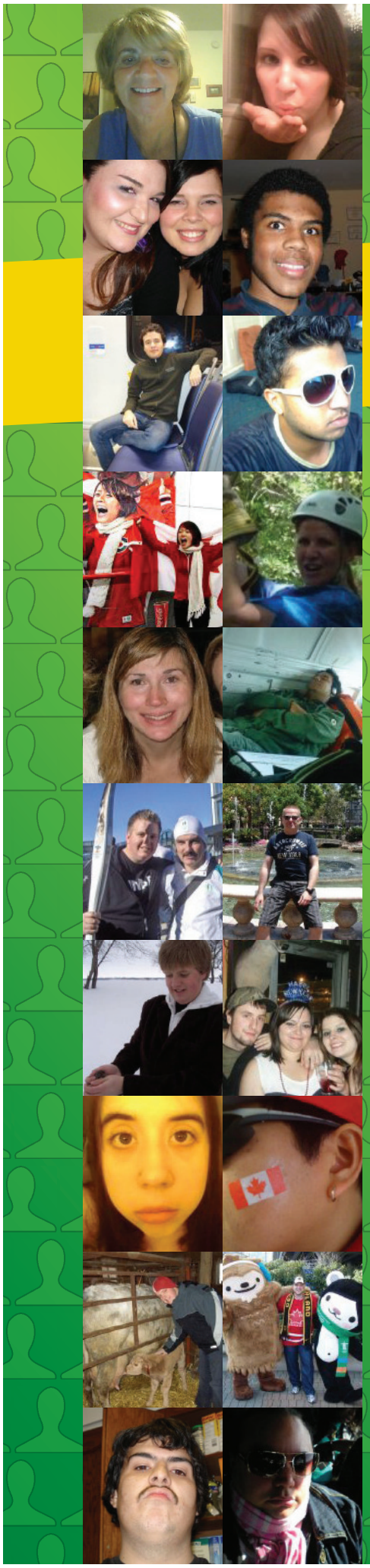

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TONNE OF COCAINE SEIZED FROM BOAT, PG3

Comment pg 10

Armstrong aims to eradicate cancer stigma

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metronews.ca

Celebrity Buzz

Emma's got a Latin lover pg 24

Home of Crosby's golden puck to be announced

OLYMPICS VANOC is announcing the permanent home of Sidney Crosby's Olympic game-winning goal puck today.

Four overtime pucks from the men's gold medal game, which are being put up for public auction at vancouver2010.com, will also be on display at GM Place. **METRO VANCOUVER**

Canadians Brian McKeever, left, and his guide and brother Robin McKeever celebrate their gold medal win in the men's 20-km free visually impaired cross country ski race during a medals presentation yesterday at the 2010 Winter Paralympic Games in Whistler. North Vancouver's Lauren Woolstencroft won Canada's second gold yesterday in women's standing slalom. More, pages 4, 16.

JONATHAN HAYWARD/THE CANADIAN PRESS

McKeever and 'bro' bring Canada first gold

Duo 'want more' after dominating cross country ski race

PARALYMPIC 2010Games

GREG DOWNS
for Metro Vancouver

Brian McKeever won Canada's first Paralympic gold medal on home soil yesterday, finishing first in the men's cross country 20-kilometre free visually impaired race by 37 seconds — a wide margin.

"A dominating race is always fun to say," said McKeever. "We pushed really well, we had a really good plan and that's what made the difference today."

The clearly excited athlete also said being able to share the moment with his brother, Robin McKeever, who races with him as his guide, was part of what made the day great.

"It was a lot of fun, we share a lot, and part of the fun is being able to share your experiences, and right away I get to share it with my bro."

McKeever said his brother played a key part in the golden performance.

"He skied his ass off for me today, he was unbelievably good, and it was a real team effort, without that I don't know if we would have been able to hold it."

The McKeevers overcame a cold and a flu to take gold in an event that they finished second both in Salt Lake in 2002 and in Turin in 2006.

"The 20-kilometre is also the race we've never won in the Paralympics, so it was a really thrilling and satisfying day to finally get that one," said McKeever.

The win gives McKeever momentum heading into his next strongest event, the 10-kilometre race on Thursday.

"We want more," said McKeever.

MPs present petition for Emery

PARLIAMENT MPs representing three political parties stood in the House of Commons yesterday in support of "Prince of Pot" Marc Emery.

Ontario Tory Scott Reid with Vancouver MPs Libby Davies (NDP) and Ujjal Dosanjh (Liberal) together presented a 12,000-signature petition asking Canada's justice minister to refuse Emery's extradition.

The Vancouver marijuana activist faces five years in a U.S. prison after agreeing in September to a plea bargain for one count of conspiracy to manufacture marijuana.

Dosanjh, a former B.C. premier and attorney general, called Emery's possible extradition "inherently unfair." "Countries don't usually extradite people to countries where they could face inordinate penalties," Dosanjh said.

Davies had a number of concerns about Emery's extradition and questioned what it meant for Canadian sovereignty. "It's a question of upholding a Canadian position," Davies said. "For upholding our own laws for Canadian citizens."

In Parliament, Reid noted that Health Canada used to refer medical marijuana patients to Emery's seed bank. He also said Canadian courts found that a $200 fine was appropriate for selling seeds, as opposed to the possibility of life in prison in the U.S.

Emery said he was pleased by the petition and said he has heard nothing but love and support from Canadians.

JEFF HODSON/METRO VANCOUVER

World pg 8

U.S. puts heat on Israeli construction

Food pg 19

Put St. Paddy's grub on menu

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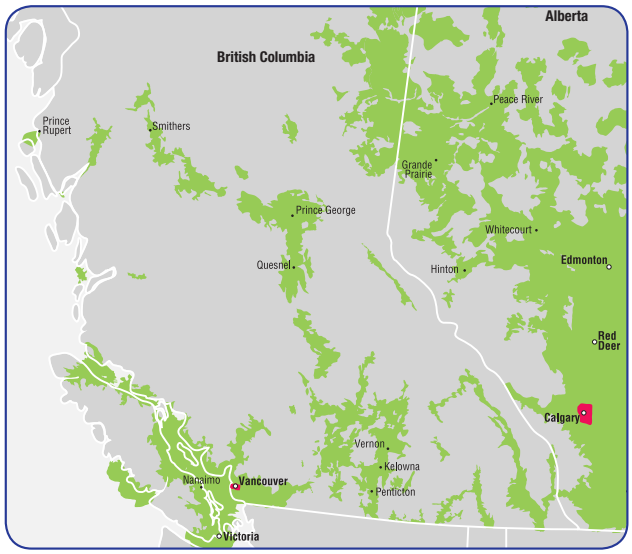

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Local

Thousands of socks given to needy

More than 15,000 socks — or 7,500 pairs — were handed out to needy Downtown Eastside residents during Vancouver Coastal Health's ninth annual Sox in the City campaign. The socks were handed out at the Health Contact Centre near Main and Hastings streets. METRO VANCOUVER

Scan this code or text LOC to 82442 for local news.
See the top of this page to learn how to scan.

News in brief

COUNTERFEIT West Vancouver police are crediting an alert barista for catching two men who allegedly tried to use a counterfeit $20 bill at a Park Royal coffee shop. Two Vancouver men have been charged.

DEATH A 32-year-old Vancouver man has died after collapsing while snowmobiling near Lillooet. The man was on a trail that isn't accessible by ambulance. A doctor flown in by helicopter failed to revive the man. No cause of death has been released.

RESTRICTED A former employee of the Corporation of Delta who was charged with possessing child porn has been banned from owning a computer, attending public parks or being in the company of someone under 14, police said yesterday. Cleo Faus Gaudry was arrested on March 12. METRO NEWS SERVICES

metronews.ca
What's online today.

Blogs Kenya Hunt checks in with '70s-inspired threads at Paris Fashion Week

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JEFF HODSON/METRO VANCOUVER

Coast Guard Supt. Victor Gronmyr at RCMP Headquarters in Vancouver yesterday, where officials displayed 1,001 bricks of cocaine seized Friday at the northern tip of Vancouver Island.

RCMP seize cocaine

2 men charged after 1,001 kg confiscated

JEFF HODSON
jeff.hodson@metronews.ca

Referring to it as one of the largest drug seizures in the province's history, police announced yesterday that they seized a tonne of cocaine from a sailboat at the northern tip of Vancouver Island.

"(Cocaine) is jet fuel that drives the organized-crime engine," said Chief Supt. Bob Harriman as he gestured to the 1,001 beige bricks that were on display in a neatly stacked, Scarface-sized horde at RCMP headquarters in Vancouver.

Solicitor general Kash Heed said the cocaine would be worth hundreds of millions of dollars if sold on the street.

> **"(Cocaine) is jet fuel that drives the organized-crime engine."**
> RCMP Chief Supt. Bob Harriman

A routine airplane patrol on March 6 spotted the sailboat northwest of Cape Scott, the northernmost tip of Vancouver Island.

The vessel, named the SV Huntress, was registered as a fishing vessel, not a sailboat. Suspicious, authorities began surveillance of the boat, which was met offshore by a black zodiac and began the offloading of the cocaine.

The Huntress, which had sailed from Panama, docked at Port Hardy and the two men aboard were arrested.

A search of the off-load site found 37 duffle bags loaded with 1,001 one-kilogram bricks of cocaine, stamped with the numbers 5 and 1.

Scott Pedersen, 39, of Victoria, and Vicente Hernandez, 38, of Mexico, were charged Friday in Victoria provincial court with one count each of possession for the purpose of trafficking.

Snowmobilers' safety up to individuals: Heed

STIG NIELSEN
for Metro Vancouver

RISKS While the government should do its best to make British Columbia's backcountry a safe place for snowmobilers, it's still up to individuals to make responsible decisions, solicitor general Kash Heed said yesterday.

However, he did not rule out future regulation to help avoid deaths like that of two snowmobilers caught in an avalanche on Saturday, along with nearly 200 others who survived.

> **"At the end of the day, these people ... make the decision on their own to enter the backcountry and engage in that behaviour."**
> Solicitor general Kash Heed

"At the end of the day, these people that make the decision on their own to enter the backcountry and engage in that behaviour ... It's going to be difficult for us to regulate," Heed said.

It is cause for concern that experienced riders will ignore a high-risk avalanche warning, Heed added, but the province simply doesn't have the means to patrol every snow-covered hill and people should be able to enjoy the winter.

Despite the deaths of Curtis Reynolds and Shay Snortland, both Alberta residents, prohibiting or limiting backcountry snowmobiling "is not a desired solution," according to Heed.

But he said that if people continue to put themselves at risk, the government "will have to step up its efforts."

Suspects wanted after $40K in Olympic clothing stolen

CRIME RCMP are on the hunt for two men who used a key to let themselves into the Bosco Sports warehouse in Richmond and allegedly made off with $40,000 in Russian and Ukrainian Olympic clothing.

A security guard said that the men were clothed in Bosco Olympic wear when they entered the building on Miller Road sometime after midnight on March 5.

The clothing is unique to the 2010 Olympics and cannot be bought through any other supplier.

Anyone with information is asked to call the RCMP at 604-278-1212. METRO VANCOUVER

Families need more help with palliative care: Report

Families with a loved one in palliative care need more compassion from the government, according to report co-authored by an SFU researcher. Families need more financial assistance and longer paid leave after the death of a family member, according to the four-year study of Canada's Compassionate Care Benefit program. **METRO VANCOUVER**

Paralympics open doors for disabled athletes

PARALYMPIC 2010Games

TRAINING If not for the Paralympics, Canada may never have heard of Brian McKeever.

The Paralympian, who won gold yesterday, said he became a stronger skier since losing his central vision at age 18 and being offered top-level coaching as a visually impaired athlete trying to make Canada's Para-Nordic team.

"It was after years of working and developing with the Paralympic team that I got the speed where I am now, able to compete at the highest level of able bodied as well," said McKeever.

He received funding, support and coaching as part of his Paralympic journey. While his story is unique, his praise for the Paralympics is not.

Marc Dorion, who plays for Canada's sledge hockey team, suffers from partial paralysis due to spinal bifida, a disease he was born with.

His doctors told him about the sport at the age of four, and he credits sledge hockey for giving himself and others a chance to go further than he thought possible with sport.

"It's given me lots of experiences, to travel, meet new people and compete at a level I never thought I could obtain when I was younger," said Dorion.

"The opportunities really are there, if you know where to go and who to talk to, the sky is the limit."

GREG DOWNS/ FOR METRO VANCOUVER

Who is the Homeowner Protection Office really protecting?

How some homeowners were left in the lurch by a contractor who walked away - A Go Public exclusive investigation tonight.

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KRISTEN THOMPSON/METRO VANCOUVER FILE PHOTO

Shameless the Leprechaun loses some of his pot of gold at the kickoff for Celtic Week in Vancouver last year.

Parade will be back next year

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Vancouver's annual celebration of all things Irish — the St. Patrick's Day parade — has been cancelled because most of the people who help put on the event volunteered for the Olympics and Paralympics.

"It's disappointing but realistic," said Rita Albano, executive producer of the event, who added that the decision to put off the annual five-day Celtic Fest, which includes the parade, was made last year.

"We are very volunteer-driven and about 80 to 90 per cent (of our volunteers) were committed to working for the Games or Cultural Olympiad, and we couldn't get them to help us in March," she said.

"Secondly, our actual marketing and promotion campaign and ticket sales take place during January and February and we felt we ... wouldn't be able to sell tickets with the Olympics going on."

Albano added that the parade route would have needed to move outside of the downtown core because of Paralympic-related security reasons.

"We like to do things very well or not at all and we felt if we tried to do it this year it may not have been an a success," she said.

"We'll be back next year."

St. Paddy's parties

Although there will be no parade, there will be plenty of green beer flowing:

- Spirit Of The West will be performing at the River Rock Show Theatre in Richmond at 8 p.m.
- The Irish Rovers take to the stage at the Red Robinson Show Theatre in Coquitlam at 8 p.m.
- The Blarney Stone is featuring live music from The Killarney and green beer at 216 Carrall St.
- Doolin's has five days of celebrations during its Celtic Craic Week at 654 Nelson St.
- The Lamplighter is serving Guinness cocktails, Bushmills tastings and a late-night party with DJ Mike Dobbs and Dana D at 92 Water St.

News in brief

REAL ESTATE Vancouver home sales dipped in February as was expected with fewer people buying homes during the Winter Olympics, according to the Canadian Real Estate Association. However, a BMO economist says the real estate market in B.C. is likely to stay hot as some buyers advance their purchases to avoid paying the HST.

AUTO SHOW The 2010 Vancouver International Auto Show is set for March 30 at B.C. Place. It'll feature 450 of the world's most spectacular new cars from the leading automotive manufacturers. It'll be the last event at the stadium before it shuts down for the installation of a $485-million retractable roof. **METRO NEWS SERVICES**

Some pavilions failed safety regulations: Group

Some Olympic pavilions failed to meet electrical and fire safety regulations during the Olympics, according to the Electrical Contractors Association of B.C. CKNW.COM

Lady Gaga to hit town

Lada Gaga is returning to Vancouver.

The singer known for hits like Bad Romance and Poker Face announced her North American Monster Ball tour schedule yesterday, which includes a show at GM Place Aug. 23.

Tickets go on sale March 19, at livenation.com.

The 31-city tour of Canada and the U.S. follows the European version of Monster Ball, which was sold out. Lady Gaga herself describes the show as more of a musical than a concert.

"It has a New York theme, it's a story, and the story is that me and my friends are in New York and we're going to the Monster Ball," said Gaga in a February interview with Ryan Seacrest.

METRO VANCOUVER

KEVORK DJANSEZIAN/GETTY IMAGES

Lady Gaga performs at the 2009 American Music Awards in L.A.

News in brief

SAFETY Nine of 12 trucks pulled over for inspections by Coquitlam RCMP failed to meet safety standards under the Motor Vehicle Act. Infractions included being overweight, having non-functional brakes or insecure loads, and unqualified drivers.

FOUND RCMP in Mission are looking for the owner of a women's ring that was found at Doctor G. H. Humes Park on Hurd Street. Police will hold the ring for 90 days. Anyone looking to claim the ring is asked to bring proof of ownership.

SURRENDER A Chilliwack man wanted on a Canada-wide warrant for breaching the conditions of his release has turned himself into police after seeing his mug shot in the media. Gregory Wayne Hiles, who beat a man to death with a baseball bat, was wanted after he failed to return to his halfway house.

ROBBERIES Three young Maple Ridge residents are facing a slew of charges in connection with three 7-Eleven robberies. Hartley Ronald Andrew Duckhorn, 20, Stephan Alexander Kerr, 19, and a 16-year-old girl are facing charges.

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Bar allegedly served 18-year-old accused of murder

The Alcohol and Gaming Commission of Ontario is investigating allegations a Belleville, Ont., bar served an 18-year-old man who was later charged with murdering two people in nearby Mountain View. A spokesperson said the commission received information Dean Brown of Belleville was seen drinking at Matt and Joe's nightclub last Thursday night. THE CANADIAN PRESS

Canada

Calgary gorilla ponders escape

More monkey business at the Calgary Zoo yesterday — this time involving a gorilla — has led to a zookeeper's suspension. The Calgary Zoo confirmed they suspended an "experienced" zookeeper for failing to properly secure the gorilla's outdoor exhibit that allowed seven-year-old Shana to leap from a pile of ice and onto the perimeter screen glass. Calgary zoo director of conservation Cathy Gaviller said the shy gorilla perched briefly atop the fence, but leapt back into the outdoor habitat when an employee spotted him. METRO CALGARY

Feds release emergency plan

The government has released an "all-hazards" national emergency response plan four months after it was chastised for not having one approved by cabinet.

The plan outlines the responsibilities departments and agencies have in national or provincial emergencies, as well as international ones that could affect Canada.

"It outlines the processes and mechanisms needed for an integrated response to an emergency," Public Safety Minister Vic Toews said yesterday.

"It's also designed to co-ordinate emergency response efforts by federal, provincial and territorial governments, as well as the private sector and NGOs. Most of all, it will help to ensure that the government's response to an emergency is seamless and timely and that key decisions can be made quickly when disaster strikes."

Largely logistical in nature, the plan touches on virtually every conceivable natural or man-made disaster, from toxic spills and plane or train crashes to earthquakes, storms and pandemics.

THE CANADIAN PRESS

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SEAN KILPATRICK/THE CANADIAN PRESS

Public Safety Minister Vic Toews announces the Federal Emergency Response Plan in Ottawa yesterday as he stands beside emergency personnel taking part in a mock contamination.

Liberals propose cutting back on MP mailouts

POLITICS Those one-page MP mailouts that have been stuffing Canadian mail boxes — and blue boxes — are "essential to our democracy," a Conservative cabinet minister said yesterday.

Steven Fletcher, minister of state for democratic reform, was responding to a Liberal motion that would see MP mailing privileges held to their own ridings and could save taxpayers up to $10 million each year. The measure was part of a non-binding Opposition day motion in the Commons designed to roll back government advertising, travel, use of consultants and the size of the federal cabinet — all adding up to savings the Liberals claim would total more than $1 billion annually.

THE CANADIAN PRESS

$10M

Figures released by the Commons show that MP printing costs doubled from 2005 to 2009, hitting $10 million last year when 38 of the top 40 spenders were Conservatives.

News in brief

INTERNET The Conservative government is quietly cutting between $4,000 and $5,000 in funding to hundreds of community groups and even hospitals that provide free Internet access to Canadians who might not otherwise have a chance to get online.

THE CANADIAN PRESS

Maintaining Transit Service in Metro Vancouver

Transit fares as of April 1, 2010

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Monthly transit passes are eligible for federal tax credits	1 ZONE	$81.00	$46.50 for all zones
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	$9.00	$7.00

Cash Fares – no change		ADULT	CONCESSION
Regular Fares Weekdays from start of service to 6:30 pm	1 ZONE	$2.50	$1.75
	2 ZONES	$3.75	$2.50
	3 ZONES	$5.00	$3.50
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Transit monthly FareCards and FareSaver tickets will rise on April 1, 2010.

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West Coast Express Fares also increase as of April 1 2010. Visit **westcoastexpress.com**

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Sienna Foods not to blame for deaths: Ontario
Ontario says it has ruled out a connection between the deaths of five people from listeriosis and recalled meat products from Sienna Foods. The Ministry of Health says there is no food consumption history or lab data supporting a link to the Sienna products. THE CANADIAN PRESS

Native gangs growing across Canada: RCMP

Aboriginal gangs are proliferating across Canada as criminal organizations exploit the intense poverty and squalid conditions that many First Nations youth live in, says a top officer with the RCMP's aboriginal police division.

The gangs' stock-in-trade includes drug distribution, prostitution and theft, and they're only growing more sophisticated, said the RCMP.

"The gangs are brought on by poverty," said RCMP Sgt. Merle Carpenter, who holds the aboriginal gangs file with the National Aboriginal Policing Services.

> **"The gangs are brought on by poverty."** Sgt. Merle Carpenter, RCMP

"They intimidate by violence and these aboriginal youth are just wanting to belong to somebody."

While Winnipeg, with its large aboriginal population, is still the epicentre for native gangs, outfits like the Indian Posse, the Manitoba Warriors and the Native Syndicate have spread from coast to coast and into the far North.

"They are certainly increasing in numbers and becoming more sophisticated in how they do business," said Carpenter, who is a member of the Inuvialuit First Nation in the western arctic.

The gangs are growing through the country's network of jails, which are acting as hothouses for recruitment and learning the tricks of the trade.

If you're not a member of a gang when you go to jail, police officials in Manitoba say, you will be when you come out. Many prisoners simply cannot survive jail life without the protection of a gang.

Observers say the explosive growth can't be combated unless the federal government steps up and addresses the woeful conditions underlying the startling trend.

THE CANADIAN PRESS

RCMP could've launched review into shooting, says former watchdog

NOVA SCOTIA A former RCMP watchdog isn't accepting the force's argument that it was unable to launch a disciplinary review into the conduct of an officer who fatally shot a Nova Scotia man in his home in 2008.

The RCMP said it didn't carry out an internal review of Const. Jeremy Frenette in the shooting death of John Simon in Cape Breton because it couldn't urge another police agency to rush an external review.

Federal law requires the RCMP to start a disciplinary review within a year of an incident, but that time period had elapsed by the time it received a Halifax police report clearing Frenette of any criminal wrongdoing in Simon's death.

But Paul Kennedy, the former chairman of the RCMP complaints commission, said an internal review can be carried out in such cases, even if investigators are looking into possible criminal charges.

"There is no reason that a parallel investigation cannot be commenced," he said an email.

The Halifax police report concluded Frenette didn't violate any laws and shot the 44-year-old fisherman, who was allegedly drunk and suicidal, in self-defence after entering his home. The report quoted Frenette saying, "I felt he was gonna shoot me."

THE CANADIAN PRESS

News in brief

RETURN Premier Danny Williams of Newfoundland and Labrador is back at work, almost six weeks after having heart surgery in the United States that created an uproar on both sides of the border. In a brief statement, Williams thanked cabinet minister Kathy Dunderdale for her work as acting premier in his absence.

THE CANADIAN PRESS

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Dung watch should fetch top dollar

A Swiss watchmaker is hoping to raise a stink with an expensive timepiece made of dinosaur dung. Artya says the watch set in fossilized feces will sell for about $12,000. THE ASSOCIATED PRESS

World

Brown steps into labour battle

British Prime Minister Gordon Brown waded into the acrimonious dispute between British Airways PLC and its cabin crew yesterday, calling a planned strike "deplorable" and risking a major fallout with key union backers ahead of upcoming general elections. Brown's rare direct intervention in an industrial matter comes with the governing Labour party currently lagging in the polls behind the main opposition Conservative party ahead of an election that must be held by June 3. THE ASSOCIATED PRESS

U.S. steps up heat on Israeli construction

The Obama administration is demanding that Israel call off a contentious building project in east Jerusalem and make a public gesture toward the Palestinians to help defuse one of the worst U.S.-Israeli feuds in memory, officials on both sides said yesterday.

But Prime Minister Benjamin Netanyahu showed little sign of yielding, saying Jewish construction in east Jerusalem "in no way" hurts Palestinians. A Jerusalem city spokesman suggested Jewish building there would continue.

Announcement of the plan to build 1,600 apartments for Jews in the Ramot Shlomo neighbourhood came during Vice-President Joe Biden's visit last week, embarrassing him and the Obama administration, angering Palestinians and endangering the start of indirect peace negotiations that are to be mediated by a U.S. envoy.

Adding to tensions was a ceremony yesterday in the walled Old City in east Jerusalem, where Jews rededicated an ancient synagogue destroyed after the war that followed Israel's creation in 1948. Israeli police sent in reinforcements to prevent riots. The synagogue is in the Jewish Quarter, but Palestinians still saw the colorful celebration as an affront. After a weekend of rare broadsides from top U.S. officials, including Secretary of State Hillary Rodham Clinton, American demands became clear yesterday. The U.S. wants Israel to cancel the construction plan, U.S. and Israeli officials said, speaking on condition of anonymity because no announcement was made THE ASSOCIATED PRESS

China-bashing returns to U.S. Congress.

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Indonesia **Footwear frenzy**

IRWAN FEDRIANSYAH/THE ASSOCIATED PRESS

Shoppers hunt for their size in clogs during a sale for Crocs footwear at Senayan City shopping mall in Jakarta yesterday. The up-to-70-per-cent-off sale aimed to sell 80,000 pairs of footwear during the five-day event.

News in brief

MADAGASCAR Disaster officials say at least 36 people have died and more than 38,000 were made homeless by Tropical Storm Hubert. The storm hit the southeast coast of the Indian Ocean island nation last Wednesday. Officials also said yesterday that many rice plantations, roads and homes have been affected or destroyed by flooding. THE ASSOCIATED PRESS

Woman sues over wrong implants

PITTSBURGH An Ohio woman claims in a lawsuit that a plastic surgeon used the wrong kind of breast implants on her, then kept her knocked out longer than necessary and continued with the botched operation on the advice of her fiance. Brittany Daly filed the lawsuit Friday against Dr. Beverly Carl over the 2008 surgery. Daly contends she decided on silicone implants because she was told they were more durable and less likely to ripple or deflate than saline. But Carl's office had only saline implants available. Daly claims that the doctor kept her under while she told Daly's fiance, whom she has since married, about the mistake. Under pressure to provide an immediate response, Sean Daly told the surgeon to go ahead. THE ASSOCIATED PRESS

No purchase necessary. Canadian residents eligible to enter. To enter, log onto www.lindtgoldbunny.ca and correctly answer the questions about the location of the GOLD BUNNY statue. For each of the 20 questions you correctly answer, you will receive one entry into the contest. Contest is from March 1 to April 4, 2010. Chances of winning depend on number of eligible entries. Mathematical skill-testing question required. For full Contest rules, including other ways to enter, see www.lindtgoldbunny.ca.

Record Solo Atlantic crossing

DAVID I. ANDERSEN/THE PLAIN DEALER/THE ASSOCIATED PRESS

In this photo taken Nov. 17, 2009, Katie Spotz, 22, rows in the harbour at Mentor Harbor Yachting Club in Mentor, Ohio. Spotz completed a solo journey across the Atlantic Ocean on Sunday, touching a pier off Guyana to claim a record as the youngest person to accomplish such a crossing.

Bin Laden's son makes appeal for kin's release

One of Osama bin Laden's sons has called on Iran's supreme leader to release members of his family believed to be under house arrest there since they fled Afghanistan in 2001, according to a letter posted yesterday on the Internet.

Khalid bin Laden's statement accused Iranian authorities of mistreating about 30 siblings, saying they had been "beaten and repressed."

The letter, which was dated early January, appeared to have been written shortly after news reports surfaced about of one his sisters who escaped from her Iranian guards and reportedly is taking refuge in the Saudi Embassy in Tehran.

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Comment

Mad Max setting his own course

NationalReport
Lawrence Martin

metronews.ca/nationalreport

The most intriguing Conservative in Ottawa these days is Maxime Bernier. The Quebecer, who was bounced from cabinet a couple years ago, separates himself from others in his party because he isn't afraid to speak his mind.

Most all other Conservatives have sadly been reduced to courtiers and toadies for fear of what might happen to them if they say anything off cue.

Bernier fell from grace as a result of his affair with Julie Couillard, the woman who hung around with biker gangs. She subsequently wrote a book, quoting Bernier as calling the prime minister a control freak among other things. Mad Max, as the tall, charismatic Bernier is sometimes called, figures he has no future under Harper. So why not rock the boat.

In speeches, he's come out against the need for big stimulus to get the country out of the recession. As well, he sees no need for government activism to combat climate change. In one speech he put a new twist on the famous line from John F. Kennedy. Said Bernier, "Don't ask what your country can do for you. Ask your government to get out of the way."

His Darwinian musings have prompted some observers to suggest he is openly challenging Harper, aiming at a leadership run. That's a bit of a stretch. But it was interesting to note that in a speech to the Preston Manning Institute on the weekend, he was full of praise for the goals of the old Reform Party, but failed to mention Stephen Harper once. That raised a few more eyebrows.

On Quebec policy, Mad Max is far to the right of the party, arguing that free-market policy prescriptions are the way to Quebecers' hearts. In his riding of La Beauce he is hugely popular, winning by a giant margin — even after "biker-gate."

Bernier is also the only Conservative MP to run his own blog. Garth Turner, the one Tory who tried that before, was hoofed out of the caucus for not toeing the party line.

Bernier sounds like he wants to bring the politics of Ronald Reagan north of the border. It's a bit early for anyone to start thinking of the Conservative leadership. But should Harper not get a majority in the next election, which will be his fourth kick at the can, it may be time.

Meanwhile, it's nice to see a Conservative who has the courage to air his views. Bernier had better watch his back, though. It's not a government that takes kindly to this type of thing.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Racing to eliminate the stigma of cancer

LiveStrong
Lance Armstrong

Before cancer touched my own life, I rarely thought about the disease.

When I was 25, it nearly killed me. An advanced form of cancer had spread throughout my body. My chances of surviving were poor. Even more remote was the possibility that I'd be able to compete as a professional cyclist again.

After two surgeries and four rounds of chemotherapy, I was still alive. And because I had an excellent medical team, the support of my family and friends and a strong determination to live, the greatest days of my career and my life still lay ahead of me.

Thirteen years later, if I had to choose between winning the Tour de France and having cancer, I would choose cancer. I consider myself lucky for the experience, and because of that I feel a strong commitment to help everyone affected by cancer triumph over this disease.

Cancer touches every life on Earth. It is projected to be the leading cause of death worldwide this year, claiming more of us than AIDS, tuberculosis and malaria combined. Twenty-eight million people struggle with it and if current trends continue, the number of new cases could triple by 2030.

But in many parts of the world, we don't talk about cancer. Many people believe cancer is contagious or that people who get cancer bring it on themselves. And the most common theme by far — a cancer diagnosis means certain death.

Death by cancer is tragic. More tragic is losing a friend or a loved one when we could have saved them. We hope to inspire people to speak out about their experiences with cancer. If we unite, discrimination and ignorance cannot stand against us.

Lance Armstrong is a cancer survivor, champion cyclist and founder and chairman of LIVESTRONG, an organization that fights for the 28 million people around the world affected by cancer www.LIVESTRONG.org

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WestJet CEO stepping down
WestJet president and CEO Sean Durfy announced his resignation yesterday, to take effect April 1.
The announcement appeared on the company's Twitter page last night. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Think-tank calms fears over parity

With the loonie all but certainly headed for parity with the U.S. dollar, a new analysis argues the danger it poses for Canadian industry may not be as great as many assume.

The Conference Board weighed in on the subject yesterday with a surprising argument — a strong loonie and currency volatility are a net negative for the economy, but not a major impediment, particularly if firms take steps to adapt.

More surprisingly, the think tank said currency fluctuations impact the service sector more than the manufacturing, mining and oil and gas industries, because the latter have found ways to hedge against rapid changes.

The more global and integrated a company is, the more it can ride out the ups and downs of Canada's relatively volatile currency, the Conference Board said.

"The manufacturing sector was largely able to shrug off the impact of currency volatility prior to the recession," the report points out.

"Most manufacturing industries managed well, as they are integrated into global supply chains, importing inputs into the production process, investing in imported machinery and equipment, and investing in plants abroad."

In other words, said Louis Theriault, who authored the report, companies that are "internationalized" gain from a high currency in one aspect of their operations, while losing in another aspect, a kind of seesaw that evens out the bumps.

THE CANADIAN PRESS

At par this summer?

- Bank of Montreal economist Douglas Porter forecasts the Canadian dollar will hit parity this summer and will likely remain at or above that level for the rest of 2010 and most of 2011.

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Toyota disputes "inconsistent" runaway Prius story.
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Automakers, power company spark hybrid partnership

INDUSTRY Toyota and three other Japanese automakers together with a power company have set up a group to promote electric vehicles by standardizing recharging machines and marketing the technology abroad.

Representatives of Toyota Motor Corp., Nissan Motor Co., Mitsubishi Motors Corp., Fuji Heavy Industries and Tokyo Electric Power Co. gathered at a Tokyo hotel yesterday to announce the association.

The officials said the time may have arrived for electric vehicles to really take off not only in Japan, but also around the world as concerns grow about emissions and dependence on oil. But the main hurdles to be overcome are better battery technology, costs and having recharging stations in convenient locations.

"Automakers are competing in many aspects, but the entire industry needs to come together and offer convenience for our customers," said Nissan Chief Operating Officer Toshiyuki Shiga. Nissan is planning to start selling in limited numbers an electric vehicle called Leaf later this year.

THE ASSOCIATED PRESS

Montreal tapped as francophone gateway

AIRPORTS The chief executive of Air Canada says Montreal's main airport should grow to become a major gateway to French-speaking countries.

Calin Rovinescu told business leaders yesterday that while Trudeau airport will never overtake Toronto's Pearson, it has the potential for more traffic.

Last year, a total of 12.8 million passengers flew through the Montreal airport. THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

No kidding — the taxman is your friend

As April 30 looms, income tax anxiety often stops us from taking advantage of some of the best help available — the people who answer Canada Revenue Agency's phones.

Decades ago, as a fledgling writer, a kindly CRA agent explained what I could claim as self-employment expenses and even directed me to pertinent publications.

When my husband proposed to me, my first call (well, maybe not quite the first) was to the tax folk where I learned that losing the equivalent-to-married exemption meant I'd actually pay more tax if got hitched. Hello common law! (That deduction, sadly, no longer applies to the common law crowd.)

Following the death of my father-in-law 20 years ago, we neglected to file an estate return but CRA walked me through an appeal process which resulted in the cancellation of the substantial penalty.

When our youngest daughter lost her hearing after meningitis struck, CRA helped us through the tricky process of claiming various disability deductions.

After my mother died in December a CRA agent smoothed out a few wrinkles in her financial affairs.

And now I've taken over my father's finances CRA has again provided a service. During a chin wag with an agent, she noticed my father had never applied for the disability deduction for which he is eligible. Once his doctor fills out form T2201, I'll request a reassessment going back years, which could be a nice windfall for dear old dad.

AlisonOnMoney

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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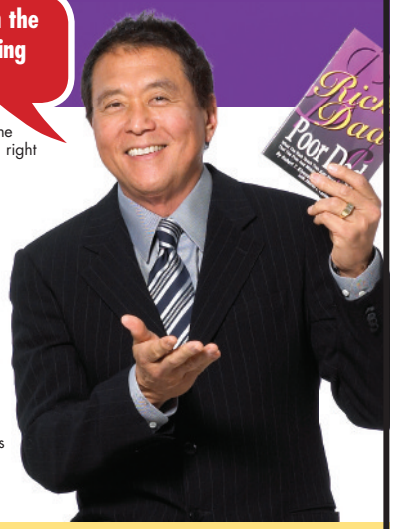

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Telemarketing scams top of list

HEATHER BUCHAN
for Metro Canada

It's dinnertime. Your phone rings. The caller congratulates you on having won a dream vacation. But you never entered a contest.

This, say experts, is a prime example of telemarketing fraud, which has become one of the most pervasive forms of white-collar crime in Canada.

Fraud Prevention

The GTA alone has hundreds of fraudulent telemarketing operations conducting a variety of schemes, including offering advance-fee loans, credit card "protection," stock swaps, prizes and sweepstakes, and investment-grade gemstones.

The scope of the operations range from one individual using disposable cellphones, to "boiler room" offices with dozens of staff.

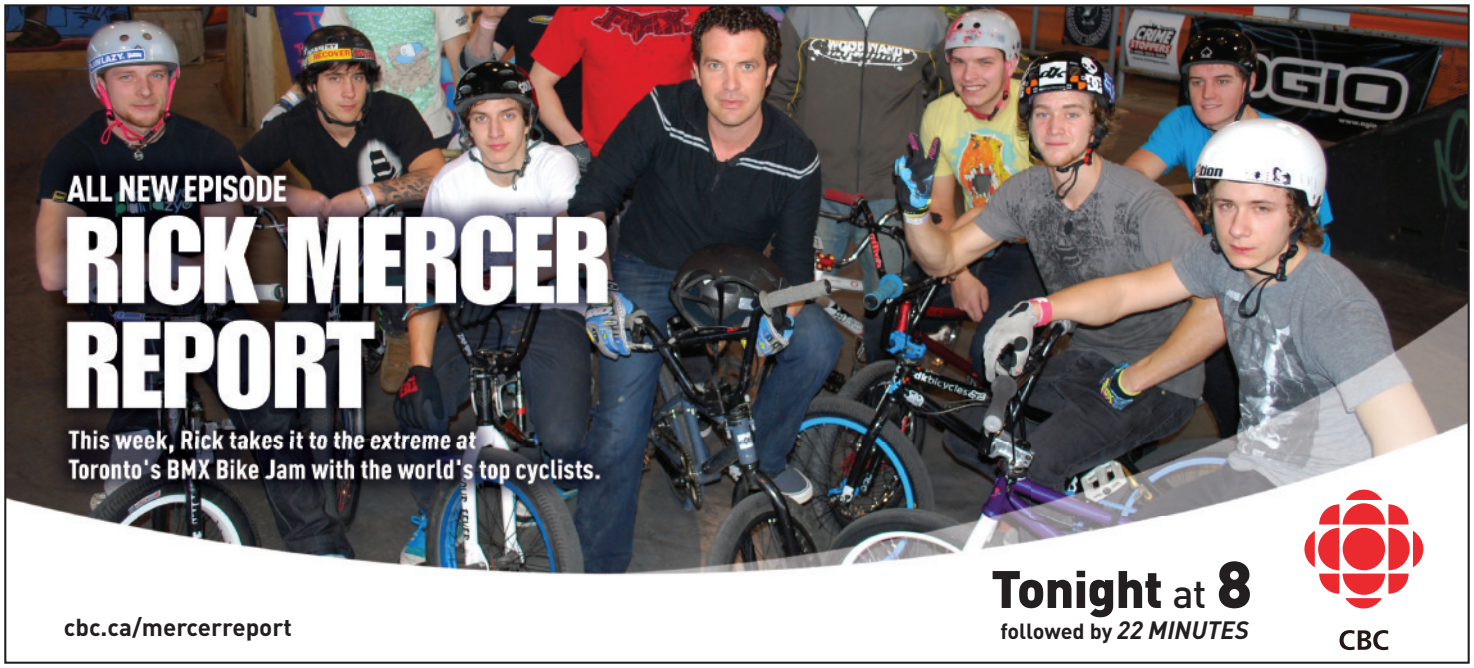
According to the Competition Bureau, a telltale sign of fraud is when the caller puts pressure to act immediately. Criminals do this because short offer expiry dates reduce the risk of being traced by authorities.

Police also explain that in Ontario, it is illegal for loan brokers to charge a fee before a consumer receives the loan. If a caller offers a loan you haven't applied for and requests that a fee be paid upfront, warning bells should be going off.

Protect yourself

How to spot fraudulent calls

- Be wary if the caller demands an immediate answer.
- Ask all marketing, research or charity callers for detailed written information you can check yourself, time to think about the offer, valid references and the means to contact them, and a call-back number. Then check Revenue Canada's database to ensure it is a legitimate entity.
- If you're suspicious of any call, hang up immediately.
- If you suspect you've been defrauded, call your local police, bank and Phonebusters (1-888-495-8501).
- Canadians are not eligible for out-of-country lotteries. If you're told you've won one, just hang up.



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Samuelsson is league's first star

Vancouver Canucks forward Mikael Samuelsson is the NHL's first star of the week after leading the league with 10 points in four games. The winger recorded six goals and four assists last week as the Canucks extended their lead in the Northwest Division to five points. THE CANADIAN PRESS

Sports

Ovechkin hit with suspension

The NHL has suspended Washington Capitals star Alex Ovechkin two games for his hit on Chicago defenceman Brian Campbell. Ovechkin received a five-minute boarding major and a game misconduct for the hit during Sunday's game. Ovechkin drove Campbell into the boards from behind with 7:44 left in the first period of Washington's 4-3 overtime win over the Blackhawks. THE CANADIAN PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Lang returning to White Caps

GREG DOWNS
for Metro Vancouver

Kara Lang will return to the Vancouver Whitecaps FC for the 2010 season.

She signed a one-year contract with the team, the Whitecaps announced yesterday.

The midfielder/striker has 33 goals in 88 games for the Canadian national team, playing in two world cups and at the Beijing Olympics.

"We're very pleased to have someone of Kara's talent and profile join the club this season," said Dan Lenarduzzi, Whitecaps director of soccer development, in a press release.

Kara Lang

The soccer club is hoping Lang will not only help on the field but also help boost the profile of women's soccer in British Columbia as well.

Lang, a 23-year-old native of Oakville, Ont., currently sits eighth on the Whitecaps' all-time scoring list with 31 points in 28 games during her four seasons in Vancouver.

She last played for the team in 2006, and returns after a stint with the USL in Los Angeles.

From 0-11 to the Big Dance

Arkansas-Pine Bluff makes unlikely turnaround

Boulder. Denver. El Paso. Akron. Tempe. Ann Arbor. Atlanta. Stillwater. Columbia. Eugene.

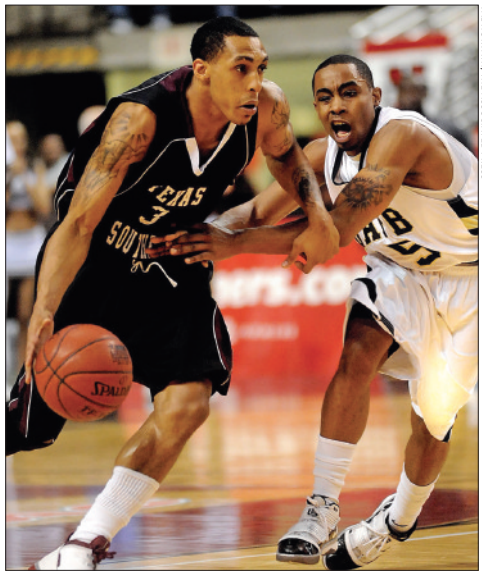
And Manhattan — as in Kansas, not New York.

Arkansas-Pine Bluff went on a brutal barnstorming tour to open the season. The Golden Lions visited 10 states in two months, seeing everything there is to see from the Great Lakes to the West Coast and the Deep South.

And, where did it get them? Nowhere, really.

When the calendar changed, the Golden Lions were 0-11 and seemed to have about as much direction as a broken compass. They eventually found their way and are finishing in the one place they've never been — the NCAA tournament.

The Golden Lions (17-15) play Winthrop (19-13) in the opening round tonight at the University of Dayton Arena, the annual game between the tournament's two lowest seeds. The winner plays Duke, the No. 1 seed in the South Regional, on Friday in Jacksonville, Fla. — one of the few places the Golden Lions missed on the opening jaunt that nearly did them in.



VAL HORVATH/THE ASSOCIATED PRESS

Texas Southern's Junior Treasure brings the ball up the court as Arkansas-Pine Bluff's Allan Smith defends on Saturday.

"It was tough, but the experience and being able to be in front of those crowds actually built us up for our tournament and conference schedule," guard Terrence Calvin said. "It made us a better team in the long run."

THE ASSOCIATED PRESS

Possible expansion of tourney a hot topic

BASKETBALL In the overall scheme of things, expanding the field for the NCAA men's basketball championship wouldn't solve or create any problems for most people.

Then why have so many people offered so many opinions on something that's only in the discussion stage, at best, and might not even happen?

Because the three-weekend, 65-team format has become as much a March staple as cold rain in the Northeast and the sound of batting practice in Florida and Arizona.

Talk about expanding the field, from three more teams — to take away the stigma of a lone play-in game — to as many as 96, is getting much of the attention as the 2010 tournament begins.

The Associated Press asked coaches across the country about their feelings toward expanding the tournament as their teams played in conference tournaments.

Out of 23 coaches who talked to the AP, the results were roughly split between those favouring expansion to 96 teams, those who like the tournament the way it is but would be open to tinkering with it and those who oppose expansion. Several others said they weren't leaning either way just yet, but they do recognize the opportunity to make money, give more players the chance to experience the tournament, and — maybe most important — help a few of the 347 head coaches in Division I keep their jobs.

THE ASSOCIATED PRESS

NCAA official defends March Madness from harsh critics.
Scan code or text NCAA to 82442 for more.
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Sports in brief

BLUE JAYS Miguel Cabrera hit his first homer of spring training and Scott Sizemore and Brennan Boesch also went deep for the Detroit Tigers as they knocked off the Toronto Blue Jays 10-7 yesterday.

FIGURE SKATING Just more than three weeks after her mother's death, Joannie Rochette has decided she's not up to competing at the world figure skating championships. The Olympic bronze medallist has decided to withdraw from the competition next week in Turin, Italy.

SENTENCE An Illinois insurance executive who secretly shot nude videos of ESPN reporter Erin Andrews was sentenced yesterday to 2½ years in prison after giving a tearful apology that was harshly rebuked by his victim. Michael David Barrett pleaded guilty in December to interstate stalking after prosecutors accused him of following the reporter to at least three cities and shooting the videos through hotel peepholes.

SOCCER Fernando Torres scored twice as Liverpool beat Portsmouth 4-1 in the Premier League yesterday to keep the team's hopes alive of qualifying for the Champions League. Liverpool improved to 51 points, one behind fourth-place Tottenham in the last Champions League position but Spurs have played a match less. METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Columbus 5 Edmonton 3
New Jersey 3 Boston 2
Detroit 2 Calgary 1

TODAY'S GAMES

Montreal at N.Y. Rangers, 4 p.m.
Boston at Carolina, 4 p.m.
Buffalo at Atlanta, 4 p.m.
Toronto at Ottawa, 4:30 p.m.
Phoenix at Tampa Bay, 4:30 p.m.
Washington at Florida, 4:30 p.m.
Colorado at St. Louis, 5 p.m.
Philadelphia at Nashville, 5 p.m.
Edmonton at Minnesota, 5 p.m.
San Jose at Dallas, 5:30 p.m.
N.Y. Islanders at Vancouver, 7 p.m.

NBA

YESTERDAY'S RESULTS

Boston 119 Detroit 93
Houston 125 Denver 123
New York 94 Philadelphia 84
Utah 112 Washington 89
New Orleans 108 L.A. Clippers 100
L.A. Lakers 124 Golden State 121

TODAY'S GAMES

Charlotte at Indiana, 4 p.m.
Cleveland at Detroit, 4:30 p.m.
Atlanta at New Jersey, 4:30 p.m.
San Antonio at Miami, 4:30 p.m.
Chicago at Memphis, 5 p.m.
Washington at Denver, 6 p.m.
L.A. Lakers at Sacramento, 7 p.m.
Minnesota at Phoenix, 7 p.m.

For more game results, visit metronews.ca/sports

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Plushenko aims to compete in 2014
Olympic figure skating silver medallist Evgeni Plushenko says he plans to skate at the Sochi 2014 Games in his native Russia. The 27-year-old Plushenko spoke at a Kremlin ceremony where President Dmitry Medvedev awarded him the Order of Merit for the Motherland for his Vancouver performance. THE ASSOCIATED PRESS

Beckham projected to return for end of MLS season

If David Beckham recovers from a torn Achilles' tendon in six months, he would rejoin Major League Soccer's Los Angeles Galaxy in time for the team's last six regular-season games.

The 34-year-old midfielder had surgery yesterday, a day after injuring his foot while on his second loan to Italy's AC Milan. Dr. Sakari Orava said after operating that Beckham is expected to be out of action for about half a year.

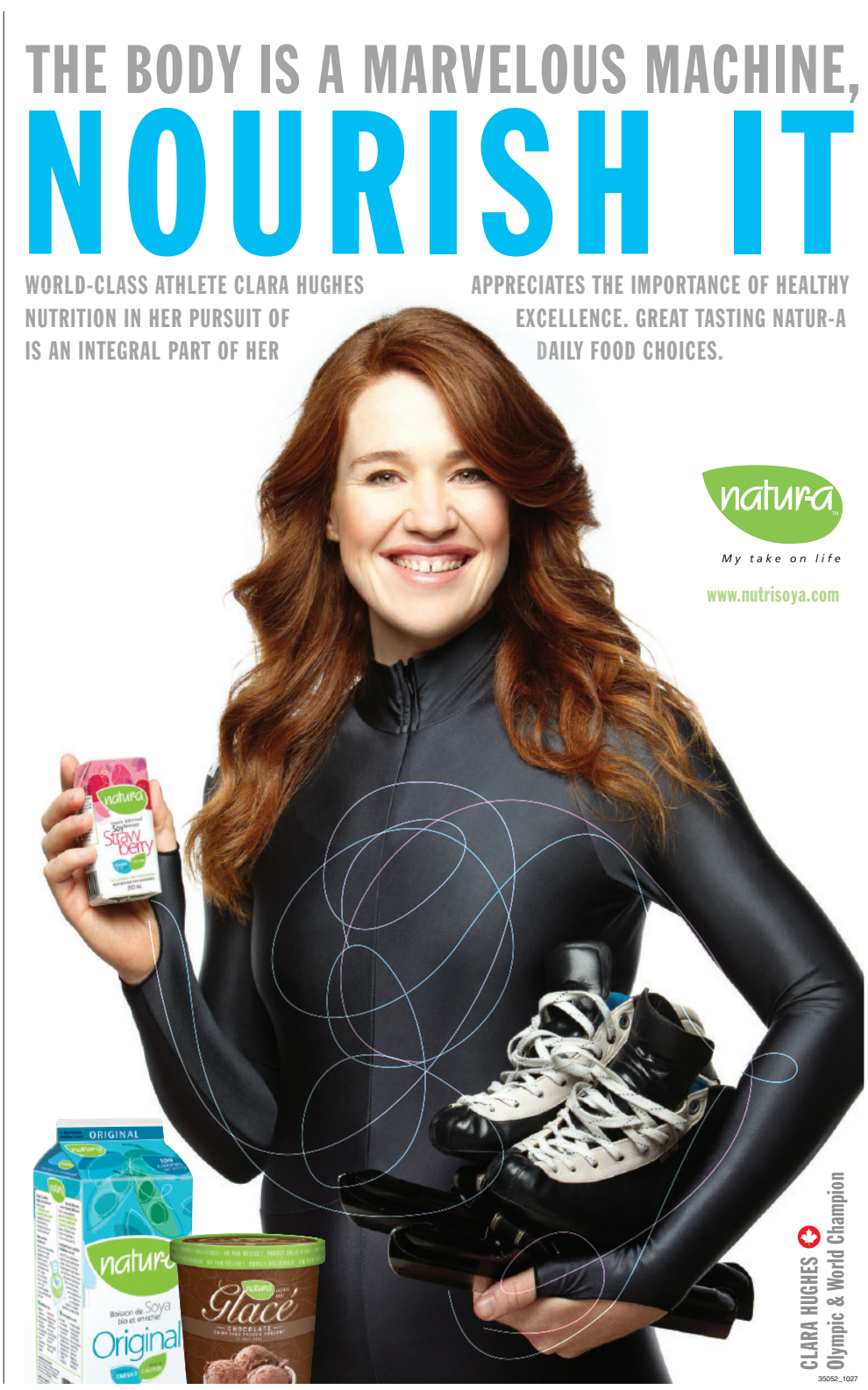
"Injuries are an unfortunate part of our game and they are even more disappointing when they happen to a player who was so close to realizing his dream of representing his nation at this summer's World Cup," Galaxy coach Bruce Arena said in a statement. "We will give David our complete support to make sure that he is able to get himself back to full health before he returns to the field. David remains an important player for the Galaxy and we look forward to welcoming him back to the club."

David Beckham

The projected timetable has Beckham returning to play after Los Angeles' Sept. 11 home game against Columbus, in time for the Sept. 18 home match against D.C. United.

The Galaxy, who host New York on Sept. 24, are the road team against local rival Chivas USA on Oct. 3, then play four days later at expansion Philadelphia. The Galaxy close at home against Colorado on Oct. 16 and Dallas on Oct. 24.

Beckham had two goals and three assists in 11 regular-season matches with the Galaxy last year, his third season with the team. Los Angeles advanced to the MLS final before losing to Salt Lake on penalty kicks. THE ASSOCIATED PRESS



Combining Olympics, Paralympics too difficult: Furlong

Combining the Olympic and Paralympic Games into one event would create too many logistical problems, the head of the Vancouver Olympic organizing committee said yesterday. John Furlong likes the concept, but said in reality it would be almost impossible to host. THE CANADIAN PRESS

Paralympic Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Woolstencroft takes slalom gold

North Vancouverite glides to podium alongside bronze-winning teammate

Skier Lauren Woolstencroft has won Canada's second gold medal of the Paralympic Games.

The North Vancouver native won the women's standing slalom in a two-run combined time of one minute 51.97 seconds. Teammate Karolina Wisniewska of Vancouver was third at 1:58.84.

"Slalom definitely hasn't been my best event this year at all and having Karolina on the podium with me today makes this win even more special," Woolstencroft said. She said she could hear the partisan crowd on the course.

"During my first run I didn't hear anything. I was super focused and I don't think it was as loud. But for the second run, when I got to the six last gates, it was getting pretty loud," she said. "All I could think of was to get through it."

Germany's Andrea Rothfuss took the silver in 1:58.35.

It was the fourth Paralympic gold medal of Woolstencroft's career. In her two previous Paralympics she had won three gold, a silver and bronze.

EZRA SHAW/GETTY IMAGES

Lauren Woolstencroft of Canada competes in the women's standing slalom during Day 4 of the 2010 Vancouver Winter Paralympics at Whistler Creekside yesterday.

"Slalom definitely hasn't been my best event this year at all and having (teammate) Karolina (Wisniewska) on the podium with me today makes this win even more special."
Lauren Woolstencroft

Woolstencroft, 28, was born without legs below the knee and no left arm below the elbow. She started skiing at the age of four and racing at 14.

Wisniewska, who was born with cerebral palsy, has now won seven medals at three Paralympics.

THE CANADIAN PRESS

Canadian curlers lose first match

ROUND ROBIN The Canadian wheelchair curling team suffered its first loss of the Paralympics after falling 8-4 to Sweden in yesterday's late draw.

Canada dropped to 4-1 in round-robin play after losing the rematch of last year's wheelchair curling world championship.

In early draw action, Canada hammered Japan 13-2.

Sweden took a 2-0 lead in the first end when Canadian skip Jim Armstrong's last shot failed to clear the Swedish stones in the house.

Canada had a chance to capitalize on Swedish miscues in the second end, but third Darryl Neighbour and Armstrong had shots go awry and Canada was only able to tie the game 2-2.

The Canadians scored one in the seventh to make it 8-4, but that was as close as they would come.

THE CANADIAN PRESS

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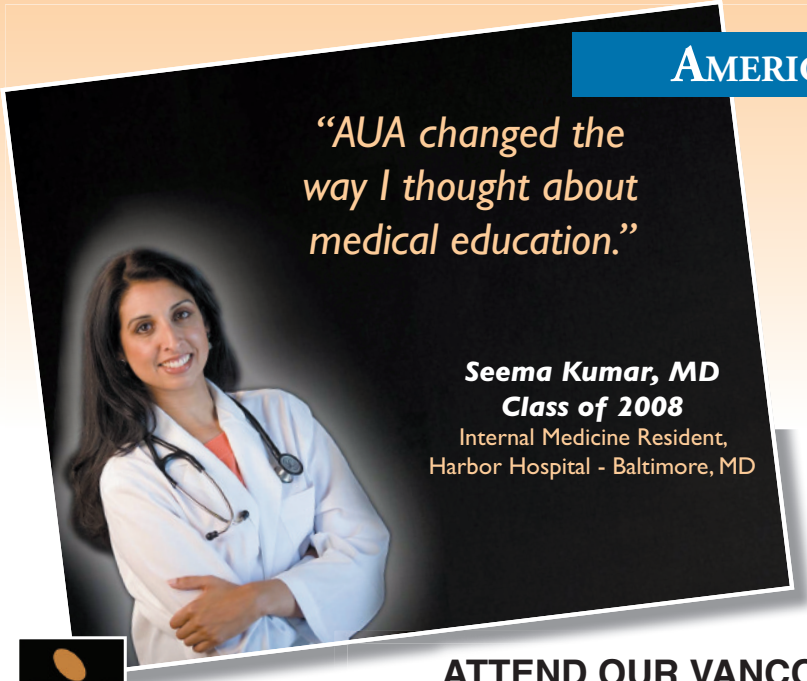

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Encourage taking breaks
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Small Scholars

Study tip
Put together a homework kit for your child. This could include a range of supplies such as pencils, a dictionary, a thesaurus, glue and coloured pencils.
TUTORING.SYLVANLEARNING.COM

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Mix of fun, learning

RAFAEL BRUSILOW
for Metro Canada

After-school activities aren't just a convenient way to keep kids busy until their parents come home, they're a powerful tool in the development and education of child learners.

The modern art of teaching itself has changed greatly in recent decades, with more focus today on learning that catches kids' interest and lets them explore new things in a personal way.

Yet outside of the classroom, kids still need to be kids and many after-school programs offer educational and developmental benefits hidden within fun, involving activities that teach life skills in a natural way.

Lorrie Huggins co-authored the curriculum for the Playing to Learn program — which is implemented at YMCA centres across Canada — offering a myriad of sports and other group activities to keep kids active after the school bell has rung.

She says after-school programs in general can be a great boon to a young child's development because they offer opportunities to engage a child by tapping deep into his or her personal interests.

"Research tells educators play is the way children learn, and it also says the longer a child is actively engaged in an interest, the more they learn. Children experiment and discover and we as educators need to set up opportunities for them to do just that," Huggins said.

With Playing to Learn, the YMCA polled kids and found they were excited to learn and grow as individuals after school, but they wanted to throw off the shackles of traditional academic learning once they'd left the classroom.

"We asked kids what they wanted in an after-school program and they emphatically wanted an active place, a fun place, they wanted it more like a club than school. That drove our school-age programs into something that feels different than school," Huggins said.

Just like adults need some downtime from the structure and stress of a normal workday, kids need time to unwind and enjoy their interests in a pressure-free zone — the result is a greater rate of development.

For Suzy Moreira, her own daughter's experiences with after-school programs, first at the YMCA and now with the Boys and Girls Clubs of Canada, have made her daughter into a much more confident child.

"Being in these programs has helped her ability to socialize with other people," she said. "It's really given her greater confidence, and when you build confidence in kids, they have more opportunity to ask questions in school, to be that outward person."

Kids need time to enjoy their interests in a pressure-free zone.

What to look for in an after-school program

When trying to pick the right after-school program for your child, Lorrie Huggins suggest you do a little homework first:

- Sit down and watch a potential program in place. How do the kids interact with staff? Are they happy? Is the general vibe a good one?
- Are staff hands-on with kids or do they just dump some equipment out and let kids run the show?
- Do staff appear well-trained and well-supported by the organization?
- Does the program offer a lot of choice in things for kids to do? Kids love variety, especially if they're not feeling particularly sporty or bookish on a particular day. - RAFAEL BRUSILOW

Experts offer tips on how to find the right tutor for your child

JON TATTRIE
for Metro Canada

It can be distressing when your child starts to fall behind at school, but experts say finding a good tutor for the small scholar can quickly get them back on track.

Ian Cunliffe, who runs Vancouver Tutoring Service, compares it to a leaky boat. The holes are the gaps in the student's knowledge and the incoming waves are the new learning. He says a good tutor can come in, patch up the holes, and get the student afloat again.

"A good tutor's goal is to work briefly but intensely to get a child back on track, getting them caught up and feeling empowered and then releasing them. You want the student to outgrow the teacher," Cunliffe says.

For the tutoring to work, all three points on the triangle have to connect.

"You need commitment from the parent, from the tutor, and most importantly, from the child," he says.

That common spirit is more important than trying to match personalities, he says, because you can bring your child to a tutor, but you can't make him learn.

"I firmly believe that every child wants to be successful," he says.

The key is acting quickly, before the boat sinks.

Gabriel Kuperman of Tutor Index (Tutorindex.ca), a company that matches children to tutors across Canada, says parents should first study the tutor.

"A great tutor has experience in the subject. You want to know their qualifications — have they gone to university? Do they have their teacher's degree?" he says.

He also urges parents to "price shop" to make sure they get the most bang for their buck. "You also want to know if they're willing to travel to your location, or if you have to go to them," he adds.

In-home tutoring adds convenience, but may also add to the price. Some tutors offer a trial period to make sure it's going to work, while others have a minimum number of hours parents have to purchase at the start.

If your child has any particular learning issues, you want to make sure the tutor knows about them and is able to work with them.

"You need to make sure it's a good fit," Kuperman says. "Everyone is different. Some people are born to teach and some aren't."

> **"A good tutor's goal is to work briefly but intensely to get a child back on track."**
> Ian Cunliffe

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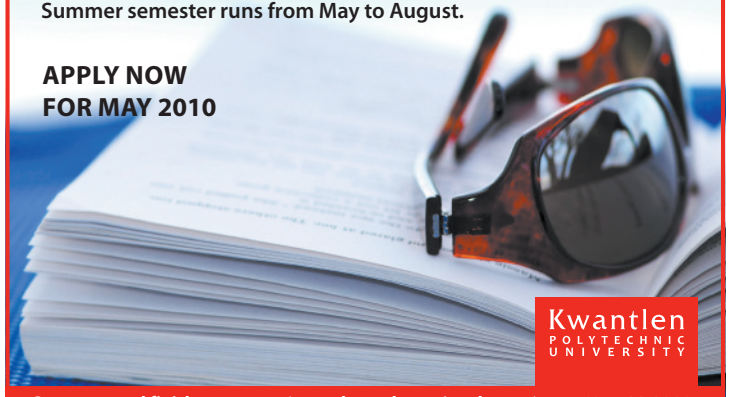

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Music can build confidence

RAFAEL BRUSILOW
for Metro Canada

Music study appears to coincide with some level of increase in life skills, research suggests.

Music can stir the soul, but experts say it can also help kids develop into well-rounded adults.

Whether flitting out notes on a fiddle or blasting out a B-sharp on the baritone, the rigour and challenge of learning a musical instrument can not only help kids develop their concentration and stimulate their intellectual development, but it can also give them a greater understanding and empathy for others.

Professor Nadia Lavoie at the University of Ottawa's Faculty of Education says music can increase a child's sense of confidence as well as help them develop emotional maturity.

"Music is an effective way to canonize and express the emotions of an individual because it mobilizes the primary emotions. That can be a good component in the social world, especially since it can help children develop confidence in themselves," she said.

The creativity celebrated in music also has a strong role in teaching tolerance and acceptance of new things, Lavoie says.

"Creativity and the acceptance of others makes our world better and us more respectful to other ideas, and it's a big part of resolution of problems. Music gives kids the ability to see the world in a more creative way and it's a benefit to the overall development of children," she said.

As to quantifiable data on specific benefits, such as increased IQ or better test scores in school often anecdotally attributed to music study, science hasn't found a completely definitive answer — but music study does appear to coincide with some level of increase in life skills.

A 2004 University of Toronto study did appear to show notable increases in IQ levels among students who took music lessons versus those who didn't, although the study's supporters and skeptics still disagree on the full meaning of the results.

A large amount of research has shown numerous correlations appear to exist between music study and positive impacts upon things such as literacy, spatial ability and mathematics achievement, although many experts also point out that children who take music lessons often tend come from better social and economic backgrounds — which make it more likely for them to be stronger at such skills already.

Ultimately, Lavoie says music study can be a powerful positive force in the lives of children.

"Music is universal and the things it teaches are universal as well," she said.

Make reading fun for boys, experts say

RICHARD WOODBURY
for Metro Canada

For some parents, getting their boys interested in reading can be a challenge. Studies consistently show that boys just aren't as interested in it as girls.

"There's not as much literature geared for boys, especially in their early years," says Lorelei Burgess, centre director for Oxford Learning in Halifax. "There tend to be a lot of series that the girls can read, but it doesn't seem to be equal."

She says boys also tend to be more interested in math, science and hands-on activities.

Boys have more trouble with reading than girls. They have higher reading disability rates and delayed development rates.

Biological and environmental factors could account for this, says Dr. John McNamara, an educational psychologist at Brock University in St. Catharines. "The jury's out on what's causing that difference, but the difference exists," he says.

There are a number of things parents can do to get their boys more interested in reading. One is to find books that correspond with the boys' interests.

McNamara recommends building literacy activities into boys' imaginations, "instead of kind of contriving a phonics program that has nothing to do with their interests."

If a boy has an interest in space, the parent could talk with him about this topic and have him work on exercises to learn the names of the planets.

"(When) you're talking about space, you're building their vocabulary, you're building their literacy skills," he says. "They think they're engaging in talking about space or reading about space — which they are — but at the same time, they're just simply building their literacy skills."

Getting a magazine subscription is another way of getting boys more interested in reading, says Burgess.

"The other thing we recommend is having the kids help out and read in situations that aren't necessarily books," says Burgess.

This could mean having the boys read the newspaper to their parents while they are making dinner, or having them help read the recipes being used to make the meal.

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Largest Canadian pub
One of the largest pubs in Canada is in what is called the Irish Village in Ottawa, where four different pubs under the same roof take up a city block. It is called the Heart & Crown in the Byward Market. THE CANADIAN PRESS

Food

Authentic Irish pubs

Here are some tips on how to enjoy an authentic Irish experience on St. Patrick's Day and throughout the year: Find an Irish pub by checking online or in the local phone book. The real Irish pubs serve Irish food, music and draught Guinness or a number of the country's brews, and not only on St. Patrick's Day. Go for the atmosphere, including the talking, laughing, singing and dancing. Source: weareirish.ca.
THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Eat like the Irish

Celebrate St. Paddy's with green edibles

Shamrock Soup

On a day when we celebrate everything green, why not make dinner green too? Broccoli and potatoes make a bright, perfectly smooth and delicious soup that's easy to prepare. The shamrock-shaped croutons add fun and flavour.

MAKES 6 SERVINGS

INGREDIENTS:
- 1 large bunch broccoli
- 15 ml (1 tbsp) butter
- 3 cloves garlic, minced
- 1 onion, chopped
- Salt and pepper
- 2 potatoes, peeled and chopped
- 1 l (4 cups) reduced-sodium vegetable or chicken broth or stock
- 500 ml (2 cups) milk
- 125 ml (1/2 cup) shredded havarti, cheddar or mozzarella cheese

Shamrock Croutons
- 4 to 6 slices whole-grain bread
- Sour cream or plain yogurt (optional)

METHOD:

Cut broccoli tops from stalks. Peel stalks and chop coarsely. Cut tops into small florets and set aside separately.

In a large pot, melt butter over medium heat; saute garlic, onion and 1 ml (1/4 tsp) each salt and pepper for about 5 minutes until garlic and onion are softened. Add broccoli stalks and potatoes and saute for 1 minute.

Add broth and bring to a boil over high heat. Reduce heat, cover and boil gently for about 10 minutes or until potatoes are almost tender.

Add broccoli florets and boil gently, uncovered, for about 5 minutes or until florets are tender.

Meanwhile, make Shamrock Croutons: Using a shamrock cookie cutter or a sharp paring knife, cut shamrock shapes from bread and place on a baking sheet. Preheat broiler.

In a blender, in batches, or with an immersion blender, puree soup until smooth. Return to pot if necessary. Stir in milk; heat over medium-low heat, stirring often, just until steaming (do not let boil). Remove from heat; stir in cheese until melted. Season to taste with salt and pepper.

Just before serving, broil croutons on each side until toasted. Ladle soup into bowls, top with a spoonful of sour cream, if using, and float croutons on top.

THE CANADIAN PRESS

Shamrock Soup.

Liquid Luck Cocktail

Forgo the typical choice of beer for a delicious green cocktail.

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RECIPE COURTESY OF ROSANGEL TEQUILA. METRO NEWS SERVICE

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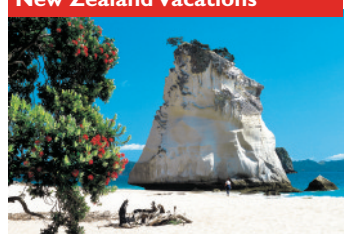

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Not just for girls any more

Health Canada has approved GARDASIL, a vaccine previously only available to females, for males from the ages of nine through 26 for the prevention of infection and genital warts caused by Human Papillomavirus (HPV). There are 114 new cases of genital warts diagnosed in Canada every day. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Taking care of your skin is like working out

JANINE FALCON
for Metro Canada

Turns out being a big star doesn't make a guy much different from most, at least when it comes to skincare products.

The growing variety on retail shelves, although an itty fraction of available lady potions, seems overwhelming, and frankly, shopping around for the latest and greatest holds little appeal.

If someone gives you something you happen to like, though, you're loyal. And if you're "Big" actor Chris Noth, you become the North American face of the brand.

"I came here on a job and I couldn't bring stuff on a plane," Noth told Metro during his recent visit to promote his new role as the face of Biotherm Homme.

"I said I needed some stuff, shaving cream, moisturizer. (My agent) brought me the Biotherm and it was, you know, it was simple, it was good.

"I just kept using it and then we formed a relationship with them."

"You're on this earth and have to deal with gravity."
Chris Noth

Noth, of course, is known for his role as reformed bachelor Mr. Big in Sex and the City, and currently plays a not-so-good husband on TV's The Good Wife.

A self-described "simple" guy, he explained that before Biotherm, he wasn't into skincare.

"I paid no attention to it before. I used anything and nothing."

Now he regards a regimen as part of his routine.

"It's kinda like working out. You do it not just because it helps your body, but it also makes you feel clarity, grounded," he said.

"You're on this earth and have to deal with gravity."

Chris Noth is the new manly face of Biotherm Homme

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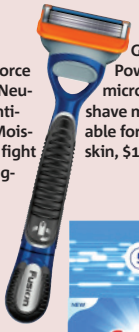
Manly stuff to try

Among Noth's Biotherm Homme favourites are the Force Supreme Neutralizer Anti-Wrinkle Moisturizer ($55), and the High Recharge Yeux Anti-Fatigue Cold Eye-Serum under-eye roller (right, $40), which refreshes tired eyes.
"I keep it in my car," he told Metro.

Biotherm Homme Force Supreme Neutralizer Anti-Wrinkle Moisturizer to fight signs of aging, $55



Gillette Fusion Power MVP razor micro-pulses for a shave more comfortable for sensitive skin, $12.99

Clinique Skin Supplies for Men Age Defense For Eyes to help with under-eye wrinkles and dark circles, $28

Crest Whitestrips Daily Multicare, five minutes a day for healthy-looking whiter teeth, $49.99

La Roche-Posay XY Homme Anti-Redness Normalizing Balm to calm post-shave skin, $27

Clarins Men Active Face Scrub to get rid of flaky patches, $32. Anti-Wrinkle Moisturizer to fight signs of aging, $55

Dove Men + Care Extra Fresh Body and Face Wash does double duty, $6.99

Dermalogica Close Shave Oil for a supple-skin shave, $26

Clarins Men Lip Guard for shine-free — and kissable — comfort, $15

Neutrogena Men Skin Clearing Shave Cream with salicylic acid for anti-acne assistance, $5.99

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Scary fact
According to the World Health Organization tobacco is responsible for the death of some 5.4 million people a year — one person every six seconds. It also accounts for one in 10 adult deaths across the world — there are currently more than one billion smokers worldwide. METRO NEWS SERVICES

Fighting addiction is a family affair

For each person with an addiction, it's estimated that seven others will be directly affected.

That's why it's important to involve family members in treatment.

"When someone is addicted, whether it is alcohol, street drugs, gambling, or the Internet, it impacts everyone else in the family. Families live in silence, fear and shame," says Linda Bell, president and CEO of Bellwood Health Services in Toronto.

Addiction is fairly common. Alcohol addiction alone affects about one in 10 people in Canada, and there are many other addictions besides alcohol. You can tell it's an addiction if it's interfering with other parts of the person's life and they can't stop.

There's a great deal of shame and secrecy attached to addiction, and Bell hopes talking about it helps people understand that it's an illness.

"We talk about cancer, heart disease and breast exams. But we don't talk about addiction and how to get out of it. People think it's willpower. That's like trying to recover from lung cancer with willpower."

PHOTOS.COM
One family member's addictions can affect the whole family emotionally, financially and physically.

When people with an addiction finally reach out for help, the problem is often very far gone.

"People who come are in crisis," says Bell. "Examples might be, their doctor has said their liver is enlarged, they're having gastrointestinal problems, they've been charged with impaired driving, they've had a car accident, they're bankrupt, their job is on the line, or they've been caught stealing.

"We talk about cancer, heart disease and breast exams. But we don't talk about addiction and how to get out of it."
Linda Bell, president and CEO of Bellwood Health Services in Toronto.

By the time the addiction gets to that point, the family has been through hell.

"It becomes very stressful for the other people. Their loved one might be at the race track, the casino, the bar. Life becomes unpredictable and chaotic. Everybody stops talking about it."

Family members often feel guilt and shame. Children stop bringing friends home; partners become isolated.

"Families will have lived with this for many, many years before the bottom falls out," says Bell.

Her advice? "Reach out. Find help." There are addiction services in every community. The recovery process is much easier and more successful if you intervene early, she says. In the general population, about 70 to 75 per cent do well in recovery.

Treatment can be a long, slow process — typically five years — and the degree of success depends on the person's motivation. Treatment focuses on retraining the brain, teaching the patient to know they are smart and valuable, and giving the brain a rest through a period of abstinence. It culminates in a 12-step recovery program for both the addict and the family. "It's a treatable problem," says Bell. "People get better."

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NutraCleanse is an all-natural product designed to supplement the serious lack of fibre in the average diet. It offers a range of health benefits and may even help prevent colon cancer.

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- Increased energy and vitality
- Maintenance of healthy body weight

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!
Many users of NutraCleanse who were previously overweight report a return to healthy body weight when used in conjunction with minor dietary changes and light exercise such as walking. Used as directed it is very filling and staves off hunger for many hours. NutraCleanse for breakfast, fresh fruit for lunch, and a normal dinner will in most cases bring weight down to an optimal level.

NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.
NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote optimum regularity and colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!
NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1
On the run?
Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION
30 g serving = 1/3 cup

Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	4 g

INGREDIENTS
NutraCleanse contains the following all-natural organic ingredients:
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Duvall, Farrell bring movies to Tribeca

Colin Farrell and Robert Duvall are among those bringing films to the Tribeca Film Festival in New York. The festival announced the bulk of its lineup yesterday. Making its U.S. premiere will be Neil Jordan's Ondine, starring Farrell and Duvall in Get Low. THE ASSOCIATED PRESS

Entertainment

More than friends

David Schwimmer is engaged. The former Friends star, 43, asked for Zoe Buckman's hand in marriage after the 24-year-old British photographer recently moved to the U.S. to be closer to him. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Fell in love with the North

From Iqaluit to P.E.I, film captures White Stripes' cross-Canada tour

PHIL BROWN
for Metro Canada

In 2007 the minimalist rock duo The White Stripes embarked on a special tour across Canada. Jack and Meg White vowed to play in every province and territory from P.E.I. to Iqaluit, creating spontaneous shows wherever they went.

This led to some pretty strange one-off gigs including a one-note show in St. John's and a bowling alley performance in Saskatoon. It was a bizarre tour that was filmed for the documentary The White Stripes Under Great White Northern Lights, out on DVD today. Shot in a low-fi style that mimics the band's aesthetic, the film is a love letter to The White Stripes and Canada that should please fans and local audiences alike.

The White Stripes Under The Great White Northern Lights, out on DVD today, chronicles the band's 2007 tour of Canada during which they played in every province and territory.

Surprisingly, this documentary was almost an afterthought for front man Jack White, who was more interested in the experience of touring across Canada than he was in filming it.

"The tour itself came first and the documentary came second," White told Metro. "Meg and I wanted to explore this gigantic frontier right next to where we'd grown up in Detroit that was so untouched by not just our band, but touring bands in general. After doing some research we couldn't even find a Canadian band that had toured every province and territory. Also, half of our family goes back to Nova Scotian roots for about three or four generations."

"Meg and I wanted to explore this gigantic frontier right next to where we'd grown up in Detroit that was so untouched."
Jack White

Though it wasn't the impetus for this specific project, White did admit that he'd always had a desire to make a tour documentary: "When you're on tour you tend to watch a lot of films about bands on the tour bus. I kept saying that this is definitely one of those movies that would be the first thing we would buy before we hit the road."

White feels proud about the project if only because it highlights some of the strange free one-off performances that he played for audiences completely unfamiliar with The White Stripes.

"I live for those moments and the energy that comes from playing with an audience that has no interest in what Meg and I do," said White.

DVD picks

The Twilight Saga: New Moon

Directors: Chris Weitz

IT'S FANGS FOR the memories in this second chapter of the Twilight saga, out on DVD Saturday, as the love between human teen Bella (Kristen Stewart) and her vampire beau Edward (Robert Pattinson) becomes even more of the mind than the body. There's no sophomore slump here, quelling fan fears that a switch of directors from Catherine Hardwicke to Chris Weitz might bite into the emotional continuity of this unorthodox romance. Picking up where franchise starter Twilight ended, New Moon's main drama begins at Bella's 18th birthday party. A seemingly innocuous accident provokes an unforeseen and potentially fatal response. His actions are the catalyst both for heartbreak and the deepening of desire. Extras include a commentary by Weitz, a six-part documentary, rehearsal footage and music videos.

Peter Howell/for Metro Canada

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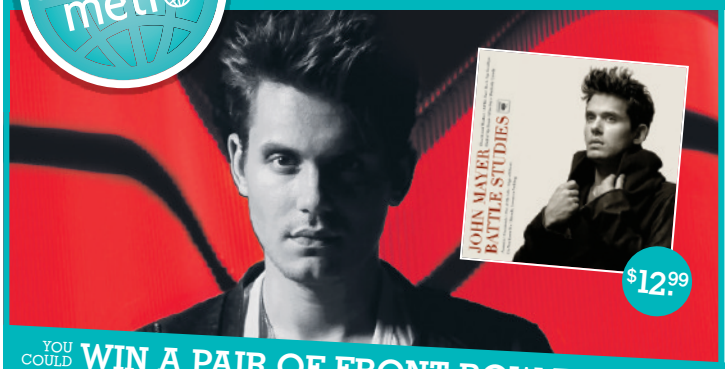

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Hoffman could direct new movie

Dustin Hoffman is planning to step behind the camera to direct his first movie at the age of 72. The Oscar-winner is reportedly in talks to take charge of new film Quartet. FEMALEFIRST.CO.UK

A revolution in music

How mobile devices are changing the industry

TheAudioFiles

Among all the music, films and business deals currently going on at this year's South By Southwest conference in Austin, Texas, are more than 50 presentations related to the cellphone. From mobile design and advances in coding to how NASA uses mobile technology, every miniscule facet of the business seems to be covered.

Naturally, a number of talks, most of which happened this past weekend, centre around how mobile tech is changing the music industry. "How Pandora Navigated the Smartphone Seas" discussed how the popular streaming music service adapted to BlackBerrys and iPhones, while "How to Access The Chinese Music Market" focused on how artists can take advantage of that country's 700 million cellphone users. But no matter how many experts wax poetic on the future of mobile innovation, one thing's certain — the smartphone is the biggest thing to hit the music industry since the Mp3.

The music biz took to the cellphone industry early — ringtones put buckets of cash into the pockets of labels, and mobile music is a big reason, according to the International Federation of the Phonographic Industry, which estimates that 27 per cent of the music industry's global revenues came from digital sources.

But mobile music is still in its infancy. Labels are still trying to get a handle on the digital shift, which means they'll (hopefully) be willing to try anything to boost revenues, including introducing innovative apps and services to cellphone users.

One product that critics claim could dramatically alter the music industry is Spotify, a streaming music site that's only available in a few European countries right now. Like its desktop counterpart, the iPhone app lets users stream (online and offline) more than 3.8 million songs wherever they go. Imagine having access to the entire iTunes catalogue for about ten bucks a month on your phone (or free on the CPU version), and you can understand why some people think this product — and the mobile version specifically — will revolutionize the music business.

It's not just music consuming programs that are shaping the way we interact with our phones; a growing number of artists are reaching out to fans via mobile apps. Death Cab For Cutie's app lists concert dates, lyrics, artwork and YouTube videos, while T-Pain's program famously included an auto-tune function that let his followers alter their voice like the rapper did on his most recent record.

While T-Pain's app didn't let you record your voice, others do. In fact, you can record entire songs on a number of mobile four-track apps such as FourTrack and GigBaby.

The future of mobile is yet to be written, but imagine downloading songs from a concert a few minutes after they're played, remixing tracks on your phone at a party, or even contributing vocals to your favourite artist's album while you're at work. Whether you like it or not, the music industry is changing in ways that most of us can't even imagine.

There's only one thing that will slow down the mobile music experience — forgetting to recharge your phone.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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Jewish chapel to help Haim family with funeral costs

Haim

A Toronto Jewish memorial chapel said yesterday that it would help defray the costs of Corey Haim's funeral in Toronto, while fellow actor Corey Feldman said another memorial will be held in Los Angeles.

An administrator with the Steeles Memorial Chapel said the actor's family will get assistance in its time of need.

"We're here to help the family and do whatever we can for them," Marla Stewart said Monday of Haim's funeral costs.

"That's what we do, we're known for that."

Haim is expected to be laid to rest today in Toronto. Haim's mother requested it be a private memorial. In a statement, Feldman said he would love nothing more than to be at Haim's funeral but will stay away due to the family's "strong religious beliefs and need for privacy."

THE CANADIAN PRESS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/16/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy Fest	CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	Lost "Recon" (N) (CC)		American Idol The 12 finalists compete. (Same-day Tape)				Law & Order: Special Victims		CTV News
	-	-	10 JOY	Archaeologist	The Insider	Islam 101 (CC)		Enigma (CC)		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Jurisdiction" (N) (CC)		NCIS: Los Angeles (N) (CC)		The Good Wife "Heart" (N)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Lost "Dr. Linus" (CC)		The Middle	Old Christine	FlashForward (N) (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser Teams compete in food trivia challenge. (N)				Parenthood (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	90210 "Girl Fight" (N) (CC)		Melrose Place (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Jurisdiction" (N) (CC)		NCIS: Los Angeles (N) (CC)		The Good Wife "Heart" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser Teams compete in food trivia challenge. (N)				Parenthood (N) (CC)		KING 5 News
	602	568	19 W	Supernanny (CC)		Shopping	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Lost "Dr. Linus" (CC)		Lost "Recon" (N) (CC)		FlashForward (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	M*A*S*H	I Dreamed of Africa ★ (2000) Kim Basinger, Vincent Perez.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Steves Europe	(:40) Rick Steves' Europe		Steves Europe	Steves Europe	(:40) Rick Steves' Europe		Steves Europe	Independent
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol The 12 finalists compete. (Same-day Tape)				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	(6:30) Brain Fitness Frontiers		Change Your Brain, Change Your Life (CC)				A Queen Is Crowned ★★ (1953)		
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Girl Fight" (N) (CC)		Melrose Place (N) (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	26 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey New York Islanders at Vancouver Canucks. (Subject to Blackout)					Sportsnet	Sportsnet Connected (Live)		UEFA Soccer
	400	400	30 TSN	SportsCentre (Live) (CC)			Paralympics 2010 Sledge Hockey: Canada vs. Norway. (Live)				SportsCentre	SportsCentre
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	Court Surfing NBA news, scores and highlights.					Score Now	Score Now		Final Score
	417	406	65 SC	Dangerous Drives		Pass Time	NASCAR Hub	Race in 60		Monster Jam		Danger-Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Scorpion	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Ben 10: Alien Swarm (2009) Ryan Kelley.			Atlantis	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Suite/Deck	Suite Life	Sonny Chance	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Billy Connolly: Journey to the		My Flesh and Blood ★★★ (2003) (CC)			Recreat. Eden	Geometry
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	(6:30) Muchmusic Countdown		UR11		Gossip Girl (CC)		MuchMegaHits (CC)		Video on Trial
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Outdoor Room	Curb/Block	House
	615	520	31 A&E	CSI: Miami "Sink or Swim"		CSI: Miami "Raging Cannibal"		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		CSI: Miami
	628	584	32 SPKE	Blue Mountain	Players (N)	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Players	Blue Mountain	Mysteries
	521	560	34 TLC	Quintuplet Surprise (CC)		6 Going on 60 (CC)		19 Kids-Count	19 Kids-Count	Quintuplet Surprise (CC)		Ultimate Cake
	616	522	39 SHO	Relic Hunter (CC)		Anna's Storm (2007, Action) Sheree Wilson. (CC)				Drop Dead Diva "What If?"		NCIS (CC)
	620	523	40 BVO	Natalie	McLauchlan	Law & Order (CC)		Without a Trace "Legacy"		Mediterraneo ★★★ (1991, Comedy) (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	Whatever	Real Housewives of New York		Real Housewives, Orange		Runway
	520	505	42 DIS	Swamp Loggers (N)		Daily Planet (CC)		Destroyed	Destroyed	Swamp Loggers		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Masters of Science Fiction		Stargate SG-1 "Nightwalkers"		Star Trek: Next Generation		Star Trek: Voyager (CC)		Medium (CC)
	294	650	47 TBS	The Office	The Office	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	The Celebrity Apprentice Each team must run a diner. (CC)				Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	52 FN	Good Eats	Good Eats	Restaurant Makeover Bravi.		Diner, Drive-In	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	53 AMC	(5:00) 12 Monkeys ★★★		Escape From L.A. ★★ (1996) Kurt Russell, Stacy Keach. (CC)				Halloween ★★★ (1978) Donald Pleasence.		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit.-Conchords	Awesome	Daily Show
	320	621	60 CEN	(6:20) Step Brothers ★★ (CC)		Fighting ★★ (2009, Drama) Channing Tatum.			(:45) City of Men ★★★ (2007) Douglas Silva. (Subtitled) (CC)			
	581	566	101 MTV	16 and Pregnant "Lori" (N)		MTV Live	Sex News	Taking, Stage	My Life as Liz	16 and Pregnant "Lori" (CC)		MTV Live
	261	394	102 V	Unscripted	CrazyLove	Poltergeist: The Legacy		Raging Bull ★★★★ (1980, Biography) Robert De Niro, Cathy Moriarty. (CC)				
	-	-	103 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Good Wife

In a case that plays out in an emergency courtroom set up in a hospital, Alicia and Will (Julianna Margulies, Josh Charles) battle tough-talking litigator Patti Nyholm (guest star Martha Plimpton) and a monolithic health insurance company that refuses to pay for urgent in-utero surgery. In her off hours, Alicia decides to give Peter (Chris Noth) a proper welcome home in the new episode "Heart." Christine Baranski also stars. 10 PM on CBS, GTV

Kids in the Hall: Death Comes to Town

Who says public executions are a thing of the past? Not in Shuckton. In the season finale, Mayor Marilyn (Dave Foley) orders an execution open to the whole community, but just in the nick of time, the truth about recent events in town is revealed. Mark McKinney, Bruce McCulloch, Scott Thompson and Kevin McDonald also star. 9 PM on CBC

Portia 'demanded' Ellen take Idol gig

It wasn't a love for butchered cover songs that led Ellen DeGeneres to the American Idol judges' panel. "I was like, 'Honey, that's it. Go get another job,'" Ellen's wife Portia de Rossi tells People with a laugh. "I'm that demanding." METRO NEWS SERVICES

Celebrity Buzz

Miley, mom both crushed on Liam

SOUNDS LIKE AN EPISODE OF HANNAH MONTANA Miley Cyrus fell for Australian actor Liam Hemsworth when they starred together in new movie The Last Song and the Hannah Montana star admits she initially didn't want to date the 19-year-old hunk because he is "too pretty," femalefirst.co.uk reports.

She said: "I don't know who had a bigger crush on him at the beginning, my mom or me. I was like, 'No, maybe he's just too pretty. I don't want to be with someone who's better looking than me. That's like awkward.'"

Hemsworth has also spoken about how the pair gradually became closer during shooting — on which Miley's mother Tish was the executive producer — because they were "each other's only friend."

He said: "We spent a lot of time together. We're shooting together every day and together on weekends and we were kind of each other's only friends down there. We just got really close. We enjoyed being around each other."

METRO WORLD NEWS

Norton gets some Love

NOTE TO NORTON: YOU ESCAPED ONCE, DON'T REFRIEND HER Courtney Love has been making nice with Edward Norton after admitting she was wrong to accuse him of losing $300,000 US of her money on an investment, according to Rush and Molloy.

Love says Norton has also been "a force of good" in reestablishing communication with her daughter, Frances Bean Cobain, who has a restraining order against her mother.

"I feel very bad," Love says about criticizing Norton.

"I have the greatest respect for Edward. He could be the president of the United States. I could be his drug czar."

METRO WORLD NEWS

50 Cent bodyguard arrested

BUT TO BE FAIR, A PRECEDENT HAS BEEN SET HERE, LADY A security guard for 50 Cent has been arrested in Copenhagen for assaulting several paparazzi outside a hotel, according to Radar Online.

"A man has been charged with assaulting two photographers. We don't release the name of the person involved, but it's my understanding he works for 50 Cent," a Copenhagen police official says.

Nikoloj Vraa, one of the members of the press involved, tells the website that he feared for his life.

"One of 50 Cent's bodyguards came out and told us to leave," he says. "The next thing I knew, he grabs my throat and tried to strangle me.

"He cut off my airway, and I couldn't breathe. He took my camera and deleted photos."

METRO WORLD NEWS

Emma has a Latin lover

I WONDER IF SHE WILL SOON BE LIVING LA VIDA LOCA? Harry Potter star Emma Watson has reportedly found a new man while at college in the U.S., according to the Daily Mail. Classmates say Watson has been getting cozy with Spanish musician and fellow Brown University student Rafael Cebrian since her split from boyfriend Jay Barrymore.

And Cebrian has even influenced Watson's acting choices, convincing her to join the cast of a student production of Chekhov's The Three Sisters, which has already sold out. "This is a new experience for Emma and she's a little nervous about her performance," a source says.

METRO WORLD NEWS

No sex, just pot brings cops

I'M SURE IT WAS PURELY FOR MEDICINAL PURPOSES A new unauthorized book about Angelina Jolie and Brad Pitt claims that a 2005 incident in which police in Kenya stormed the couple's hotel room wasn't brought on by their loud lovemaking, as previously reported.

Instead, the cops showed up because someone at the hotel smelled marijuana smoke, according to Life & Style magazine. Police reportedly searched the room without finding anything.

METRO WORLD NEWS

Luz part of Madonna's family

HE MAKES A GREAT BIG BROTHER Brazilian model Jesus Luz — who has been in a relationship with Madonna for around 15 months — feels like he has a complete family of his own since he started dating the 51-year-old star, who has four children, Lourdes, 13, Rocco, nine, Mercy, five, and four-year-old David.

The 23-year-old hunk told Brazil's RG Vogue magazine: "I consider myself a married man. I have a family. At my age, my father was also married. My mother gave birth to me when she was 15."

METRO NEWS SERVICES

Piers picking top UK stars

DOES HE MAKE HIMSELF NO. 1? America's Got Talent judge Piers Morgan is busy judging people in his home country as well, compiling a list of the 100 top celebrities in the U.K. for the Mail on Sunday. Making the top 10 are David Beckham, Robert Pattinson, Paul McCartney and Kate Moss, but Morgan saves the top spot for his boss, reality TV tycoon Simon Cowell. Oscar-winning actress Helen Miren comes in at 12, while James Bond star Daniel Craig is No. 18.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

AXL ROSE finds showering electrifying, **KAT DENNINGS** finds new ways to amuse herself, **ADAM LAMBERT** is feeling out of place, and **LADY GAGA** is nothing if not practical.

@axlrose
So I'm in the shower at the gig after r Sao Paulo show n' when I touch the faucet I get a jolt of electricity!! Wtf!!

@OfficialKat
Sometimes I prod my face and try to imagine what my skull looks like

@adamlambert
Sometimes I wish I could time travel to 1969.

@ladygaga
Once you kill a cow, you gotta make a burger

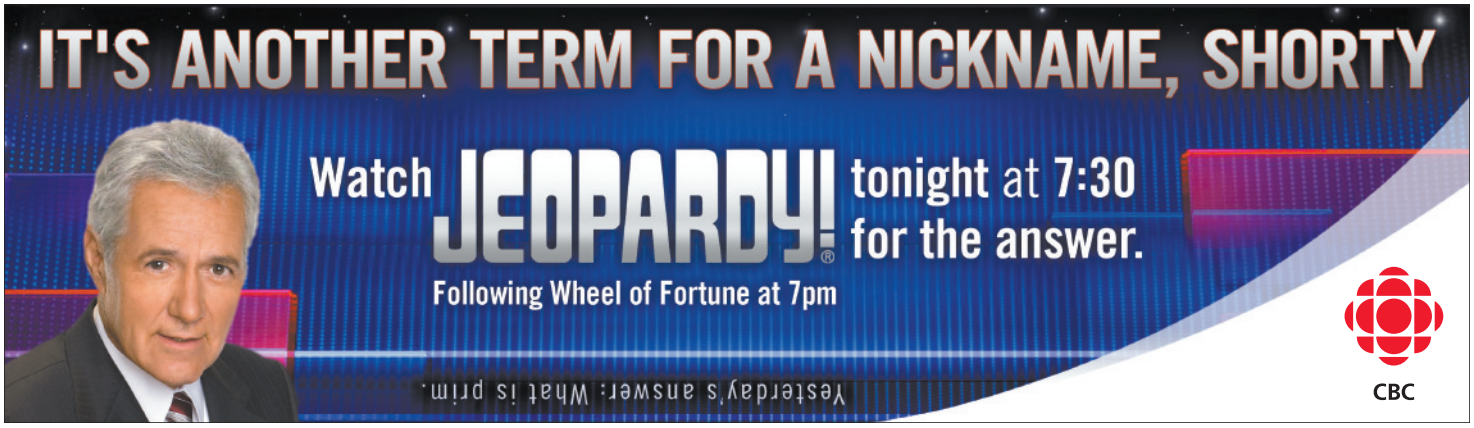
METRO NEWS SERVICES

Conrad wears her own designs

AND SHE'S NOT JUST SAYING THAT TO GET YOU TO BUY HER CLOTHES When Lauren Conrad needs a wardrobe update, she looks no further than her own collection for Kohl's.

"I think if you're not willing to wear your own clothes, you're doing something wrong. This line was meant to be about my style and pieces I want to walk into a store and want to buy. If you're not wearing your own line, you're taking all the fun out of it," the former reality star tells glamour.com.

METRO WORLD NEWS



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Today Rain 90% 12° / 5°
Wednesday Partly sunny 10° / 3°
Thursday Sunny 10° / 3°
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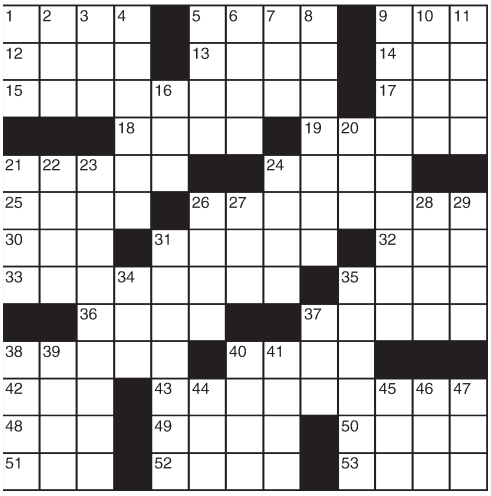
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5		1					9
			6				3	2
8	7		9					
	1		7	8		5		3
4		3		1	5		8	
					1		2	8
7	4				3			
9					6		4	

ACROSS

1 October birthstone
5 Loosen
9 Explosive, for short
12 Suitable
13 Appear
14 — de cologne
15 Nashville's home
17 Pen point
18 Pub missile
19 Punch bowl accessory
21 Pumpkin eater of rhyme
24 Plain and simple
25 Finished
26 Press agent?
30 Family
31 Centrifuge inserts
32 "— Got a Secret"
33 Style
35 Nicholas, for one
36 "— the Knife"
37 Meadow
38 Last Greek letter
40 Burn somewhat
42 Chignon
43 Octopus' arms
48 Superlative suffix
49 "— go bragh!"
50 Slender
51 "Of course"
52 Facts
53 Whirlpool

DOWN

1 Frequently
2 Chart format
3 Landers or Curry
4 Shylock, e.g.
5 Cold War initials
6 Bird's home
7 Sandra or Ruby
8 Brunch entrees
9 Treat meat?
10 Hammer's target
11 Toothpaste holder
16 Listener
20 Onassis, familiarly
21 Jab
22 Badder than bad
23 Some urban homes
24 Guy
26 Squealer
27 Fond du —, Wisconsin
28 Squished 35-Down
29 Dweeby sort
31 Stopped occupying
34 Joke
35 Ring, geometrically
37 Air safety org.
38 Do as I say
39 Ponder
40 Fit of peevishness
41 Sicilian spouter
44 Mound stat
45 Young bloke
46 Remnant
47 Firmament

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	6	2	7	3	1	9	4	8
7	4	8	9	6	2	5	1	3
1	3	9	4	5	8	2	6	7
2	1	4	5	9	7	3	8	6
9	5	3	8	4	6	1	7	2
8	7	6	1	2	3	4	9	5
6	9	1	2	7	5	8	3	4
3	8	5	6	1	4	7	2	9
4	2	7	3	8	9	6	5	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Cod with Spicy Lentils

INGREDIENTS:

1 tbsp olive oil, divided
1 onion, chopped
2 celery stalks, chopped
2 leeks, chopped
1 red chili pepper, seeded and finely chopped
1 cup lentils, rinsed and drained
4 cups vegetable broth
1 sprig fresh thyme
1 bay leaf
Juice of 1 lemon
Pinch of cayenne pepper
4 skinless cod fillets or cod steaks
Salt and pepper

METHOD:

1. Preheat broiler. Heat half of olive oil in pot, add onion, celery, leeks and chili pepper; cook 2 minutes. Stir in lentils. Add vegetable broth, thyme and bay leaf; bring to boil. Lower heat and simmer until lentils are tender, 20 minutes. If lentils have not absorbed all broth, drain.

2. Meanwhile, mix remaining oil, lemon juice and cayenne pepper. Lay cod on broiler pan, skinned side up, season lightly and brush with oil mixture. Broil until fish will flake easily, 6 to 7 minutes. There is no need to turn fish over.

3. Spread lentils on warmed serving dish and arrange pieces of cod on top. Serve immediately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!
Reader's Digest We Can All Be Rich

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If you are looking for ways to make your social life more exciting you will most likely find them in places you have rarely if ever been to before.

TAURUS ♉
APRIL 21-MAY 21
Family and financial matters will go well today and if you've had problems in these areas in recent weeks you will find they are more manageable.

GEMINI ♊
MAY 22-JUNE 21
Something will put a smile on your face today. Whatever it is it will remind you that life is worth living. Share your joy with your friends.

CANCER ♋
JUNE 22-JULY 22
Your problems are not as bad as you think they are. In fact, most people you know would happily trade places with you this very minute.

LEO ♌
JULY 23-AUG 23
You may be on your best form at the moment but are you on your best behavior? Others may complain that you don't take life seriously enough.

VIRGO ♍
AUG 24-SEPT 22
An offer that sounds too good to be true will set the alarm bells ringing in your brain today, but don't be too eager to dismiss it as a trick or a gimmick.

LIBRA ♎
SEPT 23-OCT 23
Do your own thing, in your own way, at your own speed today and don't let anyone persuade you that you should be doing something else.

SCORPIO ♏
OCT 24-NOV 22
Nothing in life is impossible. Some things may be more difficult than others but for Scorpio the sky really is the limit. Aim to do even better.

SAGITTARIUS ♐
NOV 23-DEC 21
There is no telling how far you can travel or how much you can achieve if you put your mind to it over the next few days.

CAPRICORN ♑
DEC 22-JAN 20
Get together with some fun characters today – the sort of people who are not afraid to take a few risks. You have been far too conservative of late.

AQUARIUS ♒
JAN 21-FEB 18
Make the most of each and every opportunity that comes your way and don't fall into the trap of thinking that your happiness depends on other people.

PISCES ♓
FEB 19-MARCH 20
Once in a while something happens that catches you unawares and what takes place today will certainly shake you up a bit.

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$1199
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All-Inclusive • Oceanfront rm.
Mar. 19 • 1 wk.
$839
+Taxes & other fees (including service charges): $264

CUBA

Varadero

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All-Inclusive • Standard rm.
Mar. 19 • 1 wk.
$599
+Taxes & other fees (including service charges): $212

Meliá Varadero • 4★
All-Inclusive • Standard rm.
Mar. 19 • 1 wk.
$739
+Taxes & other fees (including service charges): $212

DOMINICAN REPUBLIC

La Romana via Toronto

Gran Bahia Principe La Romana • 4 1/2★
All-Inclusive • Junior suite
Mar. 20, 27 & Apr. 3 • 1 wk.
$939
+Taxes & other fees (including service charges): $314

HAWAII

Maui

Aston at the Maui Banyan • 3★
Value rate – Standard rm.
Apr. 11 • 1 wk.
$799
+Taxes & other fees (including service charges): $132

MEXICO

Puerto Vallarta / Riviera Nayarit

Golden Crown Paradise • 4 1/2★
All-Inclusive • Oceanview rm.
Mar. 20 & 27 • 1 wk.
$959
+Taxes & other fees (including service charges): $264

Los Cabos

Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Apr. 4 • 1 wk.
$1299
+Taxes & other fees (including service charges): $266

DEAL to EUROPE

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Barkston Gardens • 3★
Breakfast • Double rm.
May 9 & 16 • 6 nts.
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June 13 • 1 wk.
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Super-Inclusive®
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